

2012 Scheme

Q.P. Code: 212014

Reg. No.:.....

Second Year BPT Degree Supplementary Examinations November 2025

Exercise Therapy

Time: 3 hrs

Max marks : 100

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*
- *Draw table/diagrams/flow charts wherever necessary*

Essays

(2x14=28)

1. Define Coordination. Explain the exercises program for incoordination patients
2. Define Resisted Exercises. Explain the details of types, physiological effects and therapeutic effects of resisted exercises.

Short notes

(4x8=32)

3. Describe the classification, effects and uses of free exercises
4. Discuss the indications, contraindication, effects and uses of back massage
5. Principles of Hydrotherapy, add a notes on Special equipments in Hydrotherapy
6. Describes in details of postural drainage.

Answer briefly

(10x4=40)

7. Sagittal view analysis of posture
8. Rhythmic stabilization
9. Walker
10. Abnormal Posture
11. Describe the muscle work and uses of sitting
12. Reeducation of Gastronomius muscle
13. Oscillatory techniques
14. Muscle energy techniques
15. Derived position of standing
16. Pectoralis major stretching
